

Fresh Fruit and Vegetable Program
**FRUIT & VEGETABLE
 ACTIVITY SHEET**

June 15



ITALIAN EGGPLANT

Store:

- It's best to use it as soon as possible but you can store it in the fridge crisper drawer for 5 to 7 days.



Prepare:

- Try our eggplant pizza recipe!
- Chop into 1-inch pieces, toss with oil, salt, and pepper, and bake at 425° F. Add it to pasta sauce or pizza.



BLACKBERRIES

Store:

- Store uncovered in a shallow container in the fridge for 1-2 days.
- Wash just before using.



Prepare:

- Sweeten up your breakfast: mix them with yogurt or add to cold or hot cereal.
- Add them to a fresh salad for added flavor and color.

cut or tear along the dotted line

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DID YOU KNOW?



Eggplants are technically fruits!



Blackberries contain lots of antioxidants, which help your body fight against heart disease and cancer.

WORD SEARCH

Find the words related to eggplants and blackberries.

A	E	A	N	K	P	E	G	V
B	E	R	R	Y	G	E	X	E
O	R	Z	N	G	E	G	N	G
U	F	X	C	I	Y	P	Y	E
L	M	R	B	K	L	L	C	T
E	R	B	U	P	B	A	Q	A
L	H	V	G	I	O	N	G	B
Y	F	R	U	I	T	T	T	L
Y	E	J	N	N	B	V	M	E

Word bank: eggplant, berry, fruit, vegetable

For more fresh fruit & vegetable activities, visit dcps.dc.gov/page/ffvp-nutrition-education or scan this code with your phone's camera:

